



GO GET 'EM, J-LAW!
SHE JUST NABBED A PEOPLE'S CHOICE AWARD.
IS THE OSCAR NEXT FOR JENNIFER LAWRENCE?
METRO LOOKS AT THIS YEAR'S NOMS PAGE 8

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**Go ahead, spill the wine — there's lots more at the
WINE & FOOD SHOW**

Lynnette Bain, 36, of Lakeshore, toasts the start of the London Wine & Food Show on Thursday night. The tasty event continues at the Western Fair District's Progress Building through Saturday. Bain, vice-president of tourism programming for Tourism Windsor-Essex-Peel Island, has brought a large group of food and wine exhibitors from western Ontario to town for the eighth annual event. To learn more, go to westernfairdistrict.com. JOHN MATISZ/METRO

Music City London?

Entertainment sector.

It's time to cash in on local talent, MPP says



ANGELA MULLINS
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Energy Minister Chris Bentley's singing from a different songbook these days.

Instead of touting the benefits of windmills and beefing up hydro lines, the London West MPP is trying to harness the power of the local music scene. Music, he says, can become an economic driver right across the province. Where better to start than in his hometown?

"You've got an enormous amount of talent here," Bentley, standing onstage at the London Music Club, told a group of local leaders and musicians on Thursday. "The goal here is to strengthen who you are (and) recognize the economic advantage."

Backed by the likes of London Chamber of Commerce CEO Gerry McCartney, Bentley has rolled out a multipoint plan to reach the goal. It includes creating an inventory of everything from local musicians and the venues they play to local recording studios.

He says those active in the music scene should market themselves — and London — through social-media networks and is planning networking events for industry players.

Bentley brought in a big music-market name to help unveil his plans. Graham Henderson, president of Music Canada, has been talking up

Making the leap

- Music Canada president Graham Henderson says seeing the music sector as a way to grow the economy is something that's "crossing into the mainstream."
- His proof? Ontario Liberal leadership hopefuls Sandra Pupatello and Kathleen Wynne have both talked about its importance in their campaigns.

the sector's potential for quite some time and brought the message to London for Bentley's announcement.

A study commissioned by the trade organization found that 81 per cent of economic activity in the Canadian recording industry happens in Ontario. Of the 7,420 Canadian jobs tied to live music, half are in Ontario, Henderson said.

"Some provinces have to create a (music) scene," he told the crowd. "We already have it ... and it's not all in Toronto."

Henderson touts Austin, Texas — self-billed as the "live-music capital of the world" — as a shining example of turning talent into money.

Studies show that music packs a \$1.6-million economic punch for the city, employing 49,000 people and bringing millions of dollars into city tax coffers each year, officials say.

Follow Angela Mullins on
Twitter @MetroAngela



Conditional sentence

**Ankle bracelet,
no booze for St.
Paddy's rioter**

One of the most infamous rioters from the St. Patrick's Day riot on Fleming Drive has been sentenced for his crimes.

Marco Brusco pleaded guilty to all eight charges against him and was given a 15-month conditional sentence. The first nine of those months will be spent under house arrest. For the first six of those, he is to remain in his bedroom. The remaining six months he will have a curfew from 7 p.m. until 6 a.m.

Brusco also can't consume alcohol during the sentence and will wear an ankle bracelet to monitor his movements.

Through various videos taken at the riot, Brusco can be seen throwing pieces of a wooden fence, placing a couch into a fire and helping flip over a CTV news truck.

As part of the sentence, he must also perform 150 hours of community service and pay restitution of almost \$16,000 to CTV and the homeowners in the Fleming Drive area where he did damage.

AM980/AM980.CA

LAVs

**General Dynamics
awarded \$65.3M
contract**

The Colombian Ministry of National Defence has awarded a \$65.3-million contract to General Dynamics Land Systems-Canada. The contract, signed through a Crown agency of the Government of Canada, calls for 24 LAVs to be completed by May 2014.

The 24 LAVs will be the LAV III version with double-V hull technology and add-on armour.

AM980/AM980.CA



Michael Petrenko, executive director of the Canadian Mental Health Association's London-Middlesex branch, talks on Thursday about the expansion of a mobile response team for mental-health crisis. ANGELA MULLINS/METRO

Mental-health care response goes 24-7

CMHA. Expansion expected to mean better service for people in crisis, freeing up manpower at other agencies



ANGELA MULLINS
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A revamped strategy for helping people cope with mental-health crisis is being touted as a way to reduce the load on police and emergency rooms.

Social workers from the Canadian Mental Health Association are now responding to emergency calls around the clock, offering service that previously ended at 7 p.m. daily.

A better way

"The road to recovery should not start in the back of a police cruiser or an emergency room."

Don Seymour, executive director at WOTCH Community Mental Health Services

Police and hospital staff have been working closely with others on the expansion, helping to develop protocols for what's dubbed a mobile crisis response team.

Since launching as a pilot program in November, 81 per cent of referrals to the team have come from police officers, said Michael Petrenko, executive director of the health association's London-Middlesex branch. Calls to the crisis team

have increased 240 per cent during the same period.

The statistics, he said, show many people are finally getting the help they need.

"They are now receiving the right support at the right time," Petrenko said. "This is exactly what our community needs."

It costs about \$1 million a year to operate the team, which includes 21 people working 12-hour shifts. Money has been found in existing budgets to foot the bill, Petrenko said.

Don Seymour, executive director at WOTCH Community Mental Health Services, praised the expansion as the right move for long-term results.

"The road to recovery should not start in the back of a police cruiser or an emergency room," he said. "It should start in the community."

In other news

- An extra \$3.5 million in provincial dollars will be dedicated this year to fighting mental-health problems and addictions in southwest Ontario.
- The South West Local Health Integration Network announced the money Thursday, saying it will be split among a score of agencies, several of which are based in London.
- It's part of a \$14.3-million increase the government has pledged for community health services.



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Homeless. Health-care community rallies for medical-respite centre

There's a group of health professionals quietly lobbying for change in the London health system.

Dr. Jamie Harris of London Intercommunity Health Centre says over the past half-decade he's been working toward acquiring a medical-respite centre for the city.

These types of facilities, common in most medium-to-large North American cities, care for ill homeless people who have been recently discharged from hospital. Since they don't have a home to receive follow-up home care in, they often fall through the cracks and end up back in the hospital with intensified problems.

"It becomes pretty obvious after a while that we're basically putting Band-Aids on gaping wounds," Harris said.

The working group's initiative hasn't come to fruition because someone needs to open their wallet, Harris says, adding there's been "plenty of lip service" over the years, yet no firm action taken.

"We seem to be getting some traction at this point," he said, "but nobody's prepared to walk the walk yet."

Abe Oudshoorn, an assistant professor of nursing at Western University, along with other members of the group, went to Hamilton last week to view its medical-respite site.

He said there are three models to choose from. One is what Hamilton has — 15 beds in a Salvation Army, with no nursing. Other options include adding a nursed medical-respite unit into a local hospital, or propping up a standalone facility.

Oudshoorn says he's optimistic London will eventually receive funding for the centre, mainly since it makes a lot of sense financially.

"It will save the system significant money in terms of emergency use, re-admission into hospital and advanced level of care beds," he said.

Harris says he cares for people daily who would certainly become clients at a medical-respite centre. **JOHN MATISZ/METRO**



Dream big, win big

Dream Lottery's Ultimate Dream Grand Prize winner Candace Robinson of London, right, is greeted by St. Joseph's Health Care Foundation CEO Michelle Campbell. The winning ticket was drawn Thursday. Robinson will now have to choose between the London home prize package, the Grand Bend home prize package or \$1 million in cash. Dream Lottery proceeds support three hospital foundations in London. **TANYA CHOPP/CONTRIBUTED**

New hire

Staff changes at Museum London

Katy Boychuk has joined Museum London as its inaugural community engagement co-ordinator. She will oversee volunteer co-ordination, community outreach and engagement and interpretation activities.

The museum also announced that Tammy Adkin has left her job as partnerships manager. Her last day is Jan. 25. Adkin has accepted the position of manager of Guelph Museums. **METRO**

Middlesex OPP

Man charged with drunk driving

Middlesex County OPP have charged a Thames Centre man after watching a car cross into oncoming traffic Tuesday night. An officer saw a northbound Volkswagen cross Veteran's Memorial Parkway at Huron Street. William Weaver, 50, has been charged with impaired driving.

If you suspect someone of drunk driving, call Crime Stoppers at 1-800-222-8477, where you may be eligible for a cash reward. **METRO**



Singing for sovereignty

First Nations protesters take to the streets Thursday at Dundas and Richmond streets, drumming and shouting insults at the federal government for policies they say are hurting aboriginal communities. A few hundred people participated in the protest, which snarled traffic for about an hour. The protest was part of the nationwide Idle No More movement. Backers of the campaign say First Nations should be recognized as sovereign stakeholders in decisions affecting land and resources. For video of the protest, visit metronews.ca. **ANGELA MULLINS/METRO**

Teachers await ruling on protest

Don't call it a strike.

Teachers say they're holding a political protest, which is protected by law

Quoted

"My sense is that most teachers want to be in the classroom, and they want to be participating in extracurricular activities as well."

Premier Dalton McGuinty

Public elementary-school teachers across Ontario on Thursday were waiting to hear whether they're legally entitled to engage in a day of political protest Friday.

Lawyers representing the Elementary Teachers' Federation of Ontario were arguing their case before the province's Labour Relations Board mere hours before thousands of workers were due to stage a one-day walkout.

The protest comes in response to the Liberal government's decision to impose two-year contracts on the province's public-education workers.

ETFO and other supporters argue the teachers have every right to mount a protest under the Charter of Rights and Freedoms, but critics maintain any action would be illegal under the terms of the new contracts. Many school boards have

announced widespread school closures in anticipation of the protest.

Board chair Bernard Fishbein declined an ETFO request to defer the matter to the courts.

Earlier in the day, the planned protest drew sharp condemnation from Ontario's outgoing premier. Dalton McGuinty said many teachers don't want to follow their unions' edict to walk out.

Even though there's a wall of angry teachers protesting at recent Liberal events, they're not a "good sampling of teacher opinion," he said.

The government is seeking injunctions to stop the scheduled walkouts. The papers have not yet been filed for the high-school teachers, who are planning to stage a protest Jan. 16.

Unions representing public elementary- and high-school teachers said McGuinty provoked the scheduled walkouts by imposing new contracts on their 126,000 members with a new anti-strike law that's come under legal fire.

THE CANADIAN PRESS

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Glen Murray
FRANK GUNN/THE CANADIAN PRESS

Murray quits Grits leadership race, endorses Wynne

The race for the Ontario Liberal leadership was shaken up Thursday when Glen Murray pulled out and threw his support behind former education minister Kathleen Wynne.

"I think the best chance for the renewal I want to see in Ontario and in the party, and the person who is better able to get us there than I am, is my friend Kathleen Wynne," Murray told cheering Wynne supporters.

Murray's decision, which came just two days before delegates are selected for the leadership convention, leaves six candidates in the race to replace Dalton McGuinty.

The former colleges minister said he felt strongly that he had raised important ideas in the past few months since McGuinty's surprise announcement that he would resign.

"I started down this path

because I wanted to bring a sense of renewal, new energy, new ideas and new people, but I've always said you have to pause in life sometimes to never put your own political career ahead of ideas and public service," he said.

Wynne called Murray "a class act," and said he would play a "senior role" in her cabinet if she becomes premier.

THE CANADIAN PRESS

Summit splits chiefs

Landmark 'summit.'
First Nations leader Atleo acknowledges his mandate has been dramatically weakened

New roadblocks threatened late last night to torpedo a critical meeting Friday between aboriginal leaders and Prime Minister Stephen Harper.

The head of Canada's largest aboriginal group acknow-

ledged he'll be forced to go into the meeting — if it takes place at all — with a divided membership and weakened mandate.

Shawn Atleo, national chief of the Assembly of First Nations, says he has made mistakes and the organization he leads has made mistakes.

But at a news conference Thursday night he pleaded with fellow chiefs to put aside their divisions or those splits will be exploited by governments across the country.

Atleo was holding late-night meetings with the chiefs — who elected him last July — ahead of Friday's meeting with Harper and two of his cabinet ministers.

Those meetings were aimed at quelling a growing wave of protests and blockades organized by the Idle No More movement that has found inspiration from Theresa Spence.

Spence, chief of Ontario's Attawapiskat reserve has been on a liquid-only diet for four weeks to draw attention to the plight of First Nations across the country.

The refusal of prominent chiefs to take part in Friday's meeting could undermine any agreement that comes out of the gathering.

THE CANADIAN PRESS

Spence started it

It was a month-long protest by Attawapiskat chief Theresa Spence — who is eating only fish broth — that triggered the idea of a meeting between aboriginal leaders and Prime Minister Stephen Harper.

- **Problem?** Manitoba and Ontario chiefs have threatened not to attend unless Gov. Gen. David Johnston is there. He has now agreed to a request from Harper to host a ceremonial meeting with First Nations leaders at Rideau Hall.



Shawn Atleo, national chief of the Assembly of First Nations, speaks at a news conference Thursday. "Governments need to understand that our resolve is absolute," he said earlier in the day. ADRIAN WYLD/THE CANADIAN PRESS

Hudson Bay fears

Trapped whales safe ... or are they?

A Quebec town is cautiously celebrating after a dozen killer whales trapped by sea ice appear to have reached safety amid the shifting flocks of Hudson Bay.

Locals in Inukjuak say two hunters reported Thursday that the waters had opened up around a single breathing hole in the ice where the orcas had frantically bobbed for air.



Killer whales surface through a small hole in the ice this week.

THE CANADIAN PRESS

But fears remained that water currents and ever-moving ice in the massive bay may have boxed the animals in somewhere else.

THE CANADIAN PRESS

Billiard hall blasted in Pakistan day of carnage

A series of bombings in different parts of Pakistan killed 115 people Thursday.

The toll included 81 who died in a sectarian attack on a bustling billiard hall in the southwest city of Quetta, officials said.

The blasts punctuated one of the deadliest days in recent years in Pakistan, where the government faces a bloody insurgency by Taliban militants in the northwest and Baluch militants in the southwest.

The country is also home to many enemies of the U.S. that Washington has fre-

quently targeted with drone attacks.

A U.S. missile strike Thursday killed five suspected militants in the seventh such attack in two weeks, Pakistani intelligence officials said.

The billiard hall in Quetta, the capital of Baluchistan province, was hit by twin blasts about five minutes apart on Thursday night.

Many of the people who rushed to the scene after the first blast were hit by the second bomb, which caused the roof of the building to collapse. THE ASSOCIATED PRESS

Samsung shows bendable screen phone



Microsoft unveils a prototype Windows smartphone with a flexible OLED in Las Vegas, Wednesday. JAE C. HONG/THE ASSOCIATED PRESS

By showing off a phone with a flexible screen, Samsung Electronics Co. is hinting at a day when we might fold up our large phone or tablet screens as if they were maps.

The Korean electronics company provided a glimpse of such a device at a keynote speech Wednesday at the International CES gadget show in Las Vegas.

The phone consists of a matchbox-sized hard enclosure, with a paper-thin, flex-

Quoted

"The concept of the flexible screen has been around for some time, but it finally looks as if Samsung is really going to deliver on that technology."

Stephen Bell, an analyst with Keystone Global

ible colour screen attached to one end. The screen doesn't appear flexible enough to fold in half like a piece of paper, but it could bend into a tube.

The company also showed a video of a future concept, with a phone-sized device that opens up like a book, revealing a tablet-sized screen inside.

The screen uses organic light-emitting diodes, or OLEDs. Only a thin layer of these chemicals is needed to produce a bright, colourful screen. They're used in many Samsung phones already, though with glass screens. For the bendable phone, Samsung laid the chemicals over thin plastic instead of glass. That's a trick you can't pull off with liquid crystals in standard displays.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
101.57
cents US,
up 0.32 of a
cent

TSX
12,599.74,
up 77.50

OIL
\$93.82 US,
up 72 cents

GOLD
\$1,678 US,
up \$22.50

Natural gas: \$3.19, up 8 cents
Dow: 13,471.22, up 80.71

Indonesia

Cigarette laws tightened

Indonesia has issued regulations that will require cigarette packets to bear graphic photographic warnings, a long-delayed measure in a country with one of the highest rates of smoking in the world.

THE ASSOCIATED PRESS

North Korea

Google's Schmidt sounds warning

Google executive chairman Eric Schmidt said Thursday it's up to North Korea to shed its self-imposed isolation and allow its citizens to

use the Internet and connect with the outside world, or risk remaining way behind other countries. Schmidt was returning from a private trip to North Korea that was not sanctioned by the U.S. government and has been criticized. THE ASSOCIATED PRESS

Burger King

Franchisee settles lawsuit

Carrols Corp., the largest franchisee of Burger King restaurants, is paying \$2.5 million US to settle claims of sexual harassment by 89 female employees across the U.S. The settlement ends a 14-year lawsuit.

THE ASSOCIATED PRESS



French cabbies slow traffic to snail's pace

Striking taxi drivers block access to Orly's airport, south of Paris, Thursday. Thousands of protesting taxi drivers lined up in single file on roadsides across France, refused fares or travelled highways at a crawl, in what is being called Operation Escargot to protest government deregulation proposals they fear will cut into their business. Taxi associations oppose government proposals to allow private companies to transport the sick to medical appointments and allow for new chauffeur businesses. MICHEL EULER/THE ASSOCIATED PRESS

BIG ON SLASHER, RAPT ON KNUCKLE



THE LIST
Neil Morton
metronews.ca

1 **Texas Chainsaw 3D.** The latest version of this cult classic stunned studio execs by finishing No. 1 at the box office, nudging out Quentin Tarantino's Oscar-

nominated western *Django Unchained* and *The Hobbit: An Unexpected Journey*. Chainsaw doesn't signal the end of pop culture but rather the beginning of more campy, crappy horror flicks.

2 **Leafs Fan In Space.** Astronaut Chris Hadfield was smacked down after tweeting a picture of himself holding a Toronto Maple Leafs plaque from the International Space Station. I mean, what planet is Hadfield on cheering for them? And speaking of which, what planet are the Leafs on firing their GM Brian Burke a week before the season starts?

3 **iHeartRadio.** The free digital radio service has a new iPhone update allowing users to create custom stations based on their moods and activities, with genres such as *Skinny Jeans*, *Boys with Guitars*. Now iHeartRadio will know right away if this boy is in a *Motorhead* or *Air Supply* mood.

4 **Outhouse Reward.** A man got national attention after posting an ad on Kijiji offering a \$500 reward after thieves took a large, brand new outhouse he had just constructed on his farm near Edmonton. If I were this guy, I'd raise a stink, too.

5 **Models.** The Canadian fashion industry was thrown for a loop this week when Ford Models made the shocking decision to pull out of Canada, saying it's closing its T.O. offices by the end of the month. This explains why forlorn models were seen walking the streets with catwalks tucked under their arms.

6 **@kobebryant.** His Laker team is having a miserable season, but at least Kobe Bryant now has Twitter to fall back on. "The antisocial has become social," tweeted @kobebryant to get the ball rolling. Kobe already has more than 700,000 followers, but he has a ways to go to catch NBA Twitter King LeBron James, who has more than 6.9 million followers.

7 **The Bachelor.** This show about fame — and oh yeah, love — kicked off its 17th season this week on ABC. Among the suitors for Sean Lowe was the drunk, creepy 50 Shades of Grey-obsessed Ashley P., who wanted to tie him up. Shockingly, she will not be getting a proposal. She was totally eliminated.

8 **Kate's 31st.** This is the year of Kate ... again. 2011 was her Royal Wedding, 2012 was her pregnancy announcement, and this year Royal Watchers will be waiting to see if it's a boy or girl, and the chosen name. For now, it's her 31st birthday week (Jan. 9). Last year, she got a puppy from Will. I recommend a Bugaboo baby stroller this year.

9 **Bowie.** The world showed some modern love for David Bowie this week when, under (no) pressure, he released a new single *Where Are We Now?* on his 66th birthday — and announced his first album in 10 years, *The Next Day*, will be coming out in March. Let's Dance to that.

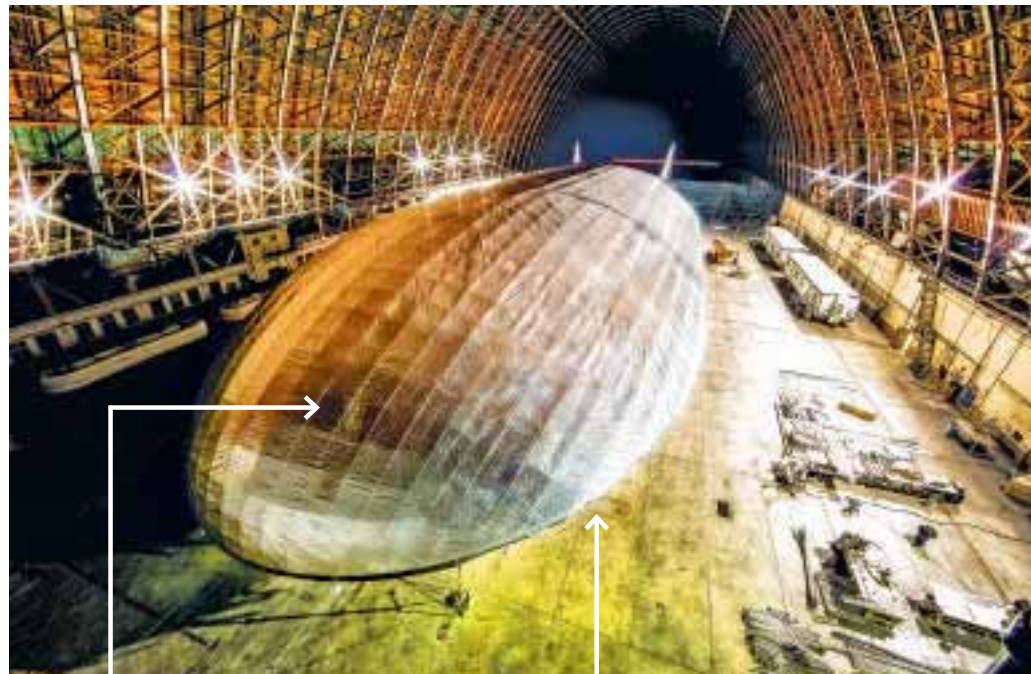
10 **Oprah.** Lance Armstrong talks to Oprah next week in his first no-holds-barred interview since the doping scandal. Might it be he admits his guilt? The interview airs Jan. 17 on Oprah's Next Chapter and will be streamed live worldwide on Oprah.com. Must watch TV drama on your stationary bike.

11 **R.A. Dickey.** Toronto got to meet their new ace/knuckleballer this week, and fell in love. Dickey is perhaps the most articulate, intelligent athlete to come to town ever. Not to mention he has the best Twitter bio ever: "Father, Husband, Christian, Pitcher, Author, Adventurer, Star Wars Nerd, Reader, Ninja in Training & Cyclist."



He's really got a hold on Toronto: R.A. Dickey shows his knuckleball grip on Tuesday. GETTY IMAGES

Blimp my air-cargo ride



WORLDWIDE AEROS

Future of air travel

Revolutionary airship revealed

Is it a bird? Is it a plane? No, it's a "super-blimp"! The 79-metre Aeroscraft has been hailed as a revolutionary airship that aims to provide a new way of moving heavy and oversized cargo, especially to areas with limited or no infrastructure. California-based Aeros had recently completed construction of the airship prototype.

METRO WORLD NEWS

Engineer's viewpoint



"This is truly the beginning of a vertical global transportation solution for perhaps the next 100 years."

Aeros CEO and chief engineer Igor Pasternak

Airship features

- **Payload.** The craft is pegged to carry cargo of up to 66 tons — equivalent to the weight of about a dozen elephants.
- **Investment.** NASA and the U.S. Pentagon invested \$35 million in the project.
- **Future demos.** Aeros is contractually obligated to show its airship's abilities, including vertical takeoff. It hopes to roll out its first flights in three years' time.

Technological innovation

Makers buoyed by breakthrough

In the past, airships have had buoyancy problems because they needed to be weighed down or tied to the ground to keep them from being carried away by the wind while cargo is unloaded. Aeros claims its Aeroscraft is "the world's first rigid variable buoyancy air vehicle," with an ability to compress and release helium in its balloon to retain buoyancy for unloading.

METRO WORLD NEWS

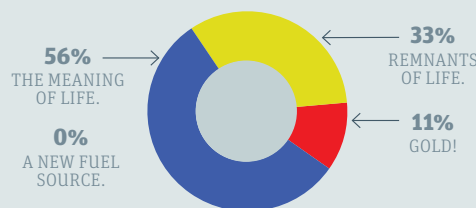


Ship on a mission: Its makers believe Aeroscraft's rigid structure and landing capabilities could also see its airship used for humanitarian and military operations. WORLDWIDE AEROS



Register at metropolitanpanel.ca and take the quick poll

What are you hoping NASA's Mars rover finds on the Red Planet?



Twitter

@aksamahmood: #ChristmasTrees and #Military-Vehicles on the road... just a regular day in #LdnOnt

our student lab. That's a great help! #ldnont

@lisajordanw: Why do the people of #ldnont seem to blindly believe that a #taxfreeze is always in their best interest? 0% is not realistic, nor beneficial

@breadsaltwine: I'm officially at the age where I have to set the magnification on my word documents at over 200% just to read what I'm typing

@ArkAidMission: Thnx to Libro Financial for donating 4 computers to upgrade

@carolinecleung: AHH so many things in one day! What to do #eventfuldays #Godisgood

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Zero Dark Thirty is getting early positive reviews with its heart-pumping-action-filled narrative. HANDOUT

Reel Guys

RICHARD
CROUSE AND
MARK BRESLIN



Find them and kill them

Morality tale. The Reel Guys agree that Zero Dark Thirty is a well-made film but differ when it comes to who enjoyed it

Richard: Mark, this isn't a who dunnit, or why dunnit, but a how dunnit. It's a detailed look at the step-by-step process that resulted in locating and exterminating bin Laden. The story begins before President Obama's famous, "We don't torture," speech, so it presents the uncomfortable, controversial truth that pitiless persuasion like sleep deprivation, boxing and waterboarding — so simple, yet so brutally, terrifyingly effective — was used to gain information. The torture scenes have been very much in the news, what did you think of them?

Mark: Revenge — I mean justice — isn't always pretty.

But it does show that you can negotiate with terrorists. The torture scenes set up the moral queasiness that runs through the whole movie.

As the C.I.A. honcho says, "Get me some names so I can kill them!"

And no one is safe in the final raid on the bin Laden compound, not even the innocent. Did I like the picture? I can only muster two cheers here. It's authentic and gritty, but much of it is a plodding procedural with only intermittent action. Richard, I think we'll agree it's a good movie, but did you enjoy watching it?

RC: I did. I thought it was a nuanced, suspenseful and terrifically exciting look at recent history. We know how the movie is going to end, so the trick is to keep us engaged through to the climax, which, for me, the movie does. Having said that, there is frequent overwriting — like the inevitable "then I'm gonna kill bin Laden" moment — which seems too easy for a

movie this clever, but, for me, Kathryn Bigelow's virtuosic handling of the climatic raid scene overpowers the film's weaker moments.

MB: This is an anti-heroic view of the events, which took a lot of guts on the filmmakers' parts. There's certainly no one to "root for," especially after the torture scenes. Jessica Chastain's character is devoid of any personal life; she is her job. So is everyone else. The military has never looked so unappealing. It's a grim and ugly job, and there's a lot of truth in that point of view, but I found myself resisting the movie in many places. A lot of critics think this is the best film of the year. Richard?

RC: I'd agree with that. It is grim, but so is the story it chooses to tell. It's also heart-thumpingly exciting and well made.

MB: Well-made indeed. But in the end, I respected it more than enjoyed it.

Synopsis

The film begins on 9/11 with audio of calls coming from the Twin Towers. Stage set, the movie leaps forward two years to the brutal waterboarding and torture of an Osama bin Laden relative by Dan (Jason Clarke), a C.I.A. expert in extracting information. Overseeing the enhanced interrogation techniques is Maya (Jessica Chastain), a newly recruited officer charged with helping to track down terrorist leader bin Laden and dismantle al-Qaeda. This is her story, a carefully plotted espionage tale that flows from the clues that lead to the death of bin Laden at the hands of the Navy S.E.A.L. Team 6 in May, 2011.

Star ratings:

• Richard: ●●●●●

• Mark: ●●●●●

2 SCENE

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Drama/Crime



Gangster Squad

Director. Ruben Fleischer

Stars. Sean Penn, Ryan Gosling,
Emma Stone

This movie will suffer from comparisons to *The Untouchables* and *LA Confidential*. It grabs the atmosphere of post war L.A. from the latter and the storyline — about an undercover team of police led by Sgt. O'Mara (Josh Brolin) who bring ruthless mobster Mickey Cohen to justice — almost beat for beat, from the former. But this is a far more blunt object than either of its forbearers. It's a period piece that spends a bit too much time exploring the down-and-dirty side of the story, but is a stylish look at a fascinating time.

RICHARD CROUSE

Academy Award nominations. Steven Spielberg's epic historical film tops the list with the most nods at 12, while *Zero Dark Thirty* gets only five

NED
EHRBAR

Metro World News in Hollywood

It looks like it's Spielberg's race to lose at this year's Academy Awards, as his *Lincoln* pulled in 12 nominations — the most of any film nominated this year — including best adapted screenplay, best actor, best supporting actress, best director and best picture. If Oscar history is any indication, odds are the best director and best picture winners will align, so despite nine films being nominated this year, the real race is between *Amour*, *Beasts of the Southern Wild*, *Life of Pi*, *Lincoln* and *Silver Linings Playbook*, and our money is on Spielberg's historical drama.

The nominations of course signal shifting into the most intense section of awards season, something not all the nominees

are necessarily thrilled about. "It's obviously exciting, it's like getting a promotion at work," best supporting actress nominee Jennifer Lawrence told Metro on the eve of the Oscar nominations, adding that her parents were staying with her and planned to have her up at 4:30 a.m. "I just get anxiety over parties, and that's what that means, essentially, to me."

Biggest winners

Lincoln is the clear winner nomination-wise, with Ang Lee's *Life of Pi* close behind at 11 nods, while *Beasts of the Southern Wild*, which nabbed four high-profile nominations, and *Amour*, with five, had their profiles raised considerably. And the Academy's love for David O. Russell is clear. Much like with his last film, the *Fighter*, his *Silver Linings Playbook* earned spots for best picture, best director, best adapted screenplay and every single acting category.

Exclusively online

For a list of Oscar nominations, visit metronews.ca.



Daniel Day-Lewis received a best actor nomination on Thursday. HANDOUT

THESE PAGES COVER MOVIE START TIMES FROM FRI., JAN. 11 TO THURS., JAN. 17. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

London

Hyland Cinema
240 Wharnclyffe Road South,
519-913-0313

Anna Karenina (14A) Fri 4:45 Sat 2:50-9
Sun 4:45 Mon 4:45-9 Tue 1-9 Wed 6:45
Thu 2:50-9
Hitchcock (PG) Fri 2:55-9 Sat 1-7:10 Sun
2:55-7:05 Mon 2:55 Tue 3:20-7:10 Wed
1-4:50 Thu 1-7:10
A Late Quartet (18A) Fri 1-7:05 Sat 5:10
Sun 1-9 Mon 1-7:05 Tue 5:10 Wed 2:50-
9:05 Thu 5:10

Rainbow Cinemas London
355 Wellington St.,
519-434-3073

Django Unchained (18A) Fri-Thu
1-4:15-7:40
Gangster Squad (14A) Fri-Thu 1:20-3:40-
7-9:40
The Hobbit: An Unexpected Journey (PG)
Fri-Thu 12:50-4:10-7:35
Les Misérables (PG) Fri-Thu 12:55-4:05-
7:30
Parental Guidance (G) Fri-Thu 1:15-
3:45-7:05
Texas Chainsaw (18A) Fri-Thu 9:20
Sat 1-4-7:30-10:50 Sun 1:05-3:55-6:55-
9:35
Zero Dark Thirty (14A) Fri-Thu 12:45-
3:55-7:25

Western Film
Room 340, UCC Building,

Flight (18A) Fri 9:20 Sat-Sun 4-9:20
Mon-Thu 9:20
Monty Python's Life of Brian (R) Fri 12
The Twilight Saga: Breaking Dawn Part 2
(PG) Fri 7 Sat-Sun 1:30-7 Mon-Thu 7
Wellington 8 Cinemas
983 Wellington Rd. S, 519-685-2529
Django Unchained (18A) Fri 7:30 Sat-Sun
12:10-3:50-7:30 Mon-Thu 7:40
Gangster Squad (14A) Fri 7-9:45 Sat-Sun
1-3:45-7-9:45 Mon-Thu 5:20-8:20

The Hobbit: An Unexpected Journey (PG)
Sat-Sun 12:40
The Hobbit: An Unexpected Journey
3D (PG) Fri 7:50 Sat-Sun 4:10-7:50
Mon-Thu 8
Jack Reacher (14A) Fri-Sun 6:45-9:50
Mon-Thu 5:10-8:15
Les Misérables (PG) Fri 7:20 Sat-Sun 12-
3:40-7:20 Mon-Thu 7:30
Parental Guidance (G) Sat-Sun 12:50-3:30
Texas Chainsaw 3D (18A) Fri 7:10-9:30
Sat-Sun 1:10-4:15-7:10-9:30 Mon-Thu
5:30-8:30
This Is 40 (14A) Fri 6:30-9:40 Sat-Sun
12:20-3:20-6:30-9:40 Mon-Thu 5-8:10
Zero Dark Thirty (14A) Fri 7:40 Sat-Sun
12:30-4-7:40 Mon-Thu 7:50

Cineplex Odeon Westmount
& VIP Cinemas
755 Wonderland Road South,
519-474-2796

Django Unchained (18A) Fri 3:20-7-10:40
Sat 11:50-3:20-7-10:40 Sun 12:30-3:30-
7:10-10:40 Mon 8:15 Tue 6-9:45 Wed-Thu
8:15 Fri 3-6:30-10 Sat 11:30-3-6:30-10
Sun 2:45-6:20-10 Mon 7:45 Tue 5-8:45
Wed 7:45
Gangster Squad (14A) Fri 5-7:45-10:30
Sat-Sun 11:35-2:15-5-7:45-10:30 Mon
7:05-9:45 Tue 4:10-7:20-10:10 Wed 1:25-
7:05-9:45 Thu 7:05-9:45 Fri 4-7:30-10:50
Sat 1-4-7:30-10:50 Sun 1:20-4:10-6:50-
9:30 Mon 8:15 Tue 4:20-7-9:45 Wed-Thu
8:15
The Hobbit: An Unexpected Journey
(PG) Fri-Sun 10:15 Mon 9:30 Tue 9:15
Wed-Thu 9:30
The Hobbit: An Unexpected Journey 3D
(PG) Fri 3-6:50-10:35 Sat-Sun 11:25-3-
6:50-10:35 Mon 7:45 Tue 5-8:45 Wed-Thu
7:45
Lincoln (PG) Fri 3:05-6:30-9:55 Sat-Sun
2:50-6:30-9:55 Mon 6:35-9:50 Tue 3:40-
6:30-9:55 Wed 1:20-9:50 Thu 6:35-9:50
Fri 3:10-6:40-10:10 Sat-Sun 11:45-3:10-6:40-10:10 Mon 7:30

Tue 4:45-8:15 Wed-Thu 7:30 Star & Stroll-
ers Screening Wed 1
National Theatre Live: The Magistrate
(STC) Thu 7
Parental Guidance (G) Fri 4:40-7:30
Sat-Sun 11:30-2-4:40-7:30 Mon 6:55 Tue
4-6:40 Wed-Thu 6:55 Star & Strollers
Screening Wed 1
Rise of the Guardians (G) Sat-Sun 12:15
Silver Linings Playbook (14A) Fri
4:15-7:10-10:05 Sat 1:15-4:15-7:10-10:05
Sun 4:15-7:20-10:05 Mon 6:45-9:40 Tue
3:30-7:10-10:05 Wed 1:30-6:45-9:40 Thu
6:45-9:40
Vertigo (PG) Sun 12:45 Wed 7
Zero Dark Thirty (14A) Fri 3:40-7:20-
10:45 Sat 12:10-3:40-7:20-10:45 Sun
12:30-7-10:25 Mon 6:30-9:55 Tue 3:45-
6:50-10:20 Wed 1:15-6:30-9:55 Thu 6:30-
9:55 Fri 3:30-7-10:25 Sat 12:30-7-10:25
Sun 12:30-3:50-7:20-10:40 Mon 7:15 Tue
5:30-9:15 Wed 7:15 Thu 7:45

SilverCity London
1680 Richmond St.,
519-673-4125

Django Unchained (18A) Fri 12:05-3:30-
7-10:35 Sat 12:05-3:30-7:05-10:40 Sun
12:05-3:30-7-10:35 Mon 3:30-7-10:30 Tue
12:05-3:30-7-10:35 Wed-Thu 3:30-7-10:30
Flushed Away (PG) Sat 11
Gangster Squad (14A) Fri 12:30-3-5:25-
8:10-10:45 Sat 12:30-3-5:20-8:10-10:50
Sun 12:30-3-5:25-8:10-10:45 Mon 1:40-
4:20-7:15-10:10 Tue 12:30-3-5:25-8:10-
10:45 Wed-Thu 1:40-4:20-7:15-10:10
The Guilt Trip (PG) Fri 1:10-3:25-5:40-
7:55-10:15 Sat 12:15-2:30-4:45-7:05-9:30
Sun 1:10-3:25-5:40-7:55-10:15 Mon 2:10-
4:45-7:25-9:55 Tue 1:10-3:25-5:40-7:55-
10:15 Wed-Thu 2:10-4:45-7:25-9:55
The Hobbit: An Unexpected Journey (PG)
Fri 10 Sat 10:15 Sun 10 Mon 9:50 Tue 10
Wed-Thu 9:50
The Hobbit: An Unexpected Journey
— An IMAX 3D Experience (PG) Fri
12-3:30-7-10:40 Sat 11:30-3:15-7-10:45
Sun 12-3:30-7-10:40 Mon 1-4:40-8:15 Tue

12-3:30-7-10:40 Wed-Thu 1-4:40-8:15
Jack Reacher (14A) Fri 7:50-10:35 Sat
7:45-10:30 Sun 7:50-10:35 Mon 7:45-10:30
Tue 7:50-10:35 Wed 7:45-10:30 Thu 10:30
Life of Pi 3D (PG) Fri 7:30-10:15 Sat 7:30-
10:05 Sun 7:30-10:15 Mon 7:35-10:25 Tue
7:30-10:15 Wed-Thu 7:35-10:25
The Metropolitan Opera: The Tempest
Live (STC) Sat 12
Les Misérables (PG) Fri 12:50-4-7:10-
10:30 Sat 12:50-4-7:10-10:25 Sun
12:50-4-7:10-10:30 Mon 1-4:10-7:20-10:30
Tue 12:50-4-7:10-10:30 Wed-Thu 1-4:10-
7:20-10:30
Monsters, Inc. 3D (G) Fri 12:55-3:10-5:20
Sat 11:25-1:35-4:05 Sun 12:55-3:10-5:20
Mon 1:05-3:15-5:25 Tue 12:55-3:10-5:20
Wed-Thu 1:05-3:15-5:25
National Theatre Live: The Magistrate
(STC) Thu 7
Parental Guidance (G) Fri 12:10-2:30-
4:50-7:40 Sat 4:40-7:15 Sun 12:10-2:30-
4:50-7:40 Mon 2:10-4:40-7:20 Tue
12:10-2:30-4:50-7:40 Wed 1-4:40-7:20 Thu
2:10-4:40-7:20
Rise of the Guardians (G) Fri 1:25-3:30-
5:40 Sat 11:15-1:20-3:30-5:40 Sun-Wed
1:25-3:30-5:40 Thu 1:25-3:30
Skyfall (PG) Fri 1-4:10-7:20-10:20 Sat 1-4-
7:20-10:20 Sun 1-4:10-7:20-10:20 Mon
1-4-7:10 Tue 1-4:10-7:20-10:20 Wed-Thu
1-4-7-10
Texas Chainsaw 3D (18A) Fri 1-3:35-5:50-
8:05-10:30 Sat 1-3:35-5:50-8:05-10:35 Sun
1-3:35-5:50-8:05-10:30 Mon 1-3:15-5:30-
7:50-10:05 Tue 1-3:35-5:50-8:05-10:30
Wed 1-3:15-5:30-7:50-10:05 Thu 1:10-
3:35-5:50-8:05-10:15
This Is 40 (14A) Fri-Sun 1:45-4:45-7:55-
10:45 Mon 1:15-4:05-7:05-10:05 Tue
1:45-4:45-7:55-10:45 Wed 4:05-7:05-10:05
Thu 1:15-4:05-7:05-10:05 Star & Strollers
Screening Wed 1
Zero Dark Thirty (14A) Fri 12:10-3:40-
7:10-10:45 Sat 12:10-3:45-7:10-10:45 Sun
12:10-3:40-7:10-10:45 Mon 3:20-7:10-
10:30 Tue 12:10-3:40-7:10-10:45 Wed-
Thu 3:20-7:10-10:30

The Last Stand. Arnold
Schwarzenegger makes
good on 'I'll be back' vow

Arnold Schwarzenegger likes to beat people to a joke. "First of all, it's great to be back," he says with a grin before anyone gets a chance to adapt his famous catchphrase to his return to movies after an extended stint running the state of California.

And he is back, he insists, starring in *The Last Stand* as a small-town sheriff going up against an army of mercenaries.

"As you remember, when I got into the governorship in 2003, I said I only would go and run the state for the seven years that were remaining, then I would be back in the movie business," he says.

"So it was just kind of stepping out of the movie business rather than kind of like I'm now going back to the movie business."

During that time, though, the movie business has changed, a harsh lesson for Schwarzenegger, considered a "contract genius" in his heyday for the deals he could broker for films like *Eraser* and *Terminator 3: Rise of the Machines* regardless of their success or failure.

"It's kind of like a scary thing to come back because

The Last Stand opens next week.
HANDOUT

you don't know if you're accepted or not," he admits.

"I have to also be realistic that I may see something that I may like to do, and I will go and take it to (producer) Lorenzo (di Bonaventura) and he will say, 'Oh, this is fantastic, but I don't think anyone is going to see it.' It's show business. It's the show, it's the acting, it's the performing, it's all of this, but you've got to be able to sell it also because movies cost a lot of money."

NED EHRBAR, MWN



Josh Brolin isn't upset about his arrest. ALL PHOTOS GETTY IMAGES

Josh Brolin laughs off recent arrest

Josh Brolin is taking his New Year's day arrest for public intoxication in stride.

"New Year's — that's what happened," he says during a visit to Good Morning America. "I'm the one guy who's out there, and they go, 'Hey, there's Josh. Let's grab him.' You know, it was New Year's. It was a pretty innocent thing. It was a fun thing."

If Brolin is upset about anything, it's the grim-

"A fun thing"

"New Year's — that's what happened."

Josh Brolin
Speaking about his recent arrest

faced mugshot that was released from his arrest. "They don't show you the other shot where I turn and have a huge smile on my face," he says. "So you know, whatever."



Lily Allen.

Lily Allen gives birth to second child

Lily Allen and husband Sam Cooper welcomed their second daughter, Marnie Rose, earlier this week, the singer announced via Twitter.

"Quite overwhelmed by the well-wishing going on," she wrote.

"Thank you everybody!" In the weeks leading up to the birth, Allen had tweeted about trying to move things along by eating several helpings of curry. Marnie shares a birthday with Elvis Presley and David Bowie.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Britney Spears missing her X Factor while hosting



THE WORD
Dorothy Robinson
scene@metronews.ca

After mixed reviews and speculation that the show's

producers were planning to oust her, Britney Spears has decided to leave the X Factor after one season, according to Us Weekly.

Spears earned \$15 million for her stint as a judge for the singing competition series.

And sources say Simon Cowell and the show's other bosses were less than thrilled by what they got for their money.

Cowell "wanted crazy Britney, but he got boring Britney," a source says.



Taylor Swift.

Taylor Swift gets some un-Wanted dating advice

Taylor Swift has recently broken up with One Direction's Harry Styles, so naturally it's time for rival boy band the Wanted to chime in on Swift's love life.

"I think she should stay

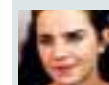
single for a bit," the Wanted's Jay McGuinness tells E! News. Fellow band member Nathan Sykes agrees, adding that Swift should "write a whole album about (being single.)"

Twitter



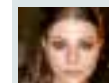
@tyrabanks

Should I or should I not get my butt up and workout??? I don't wannnnnnna!!!!!!!!!!!!



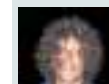
@EmWatson

Thank you so much to everyone who voted for me and Perks at the People's Choice Awards. It was really such a nice surprise. Thank you!!! :)



@RealMichelleT

When does the "I haven't _____ since LAST year!!" joke get old? #ImStillUsingIt



@HowardStern

Let's clear this up. I love the show girls and the star of the show. Yes, she's heavy but you should see the roll of jello on my belly.

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Liquid Assets

Bottles to watch in '13



LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca



This week, I gaze into my crystal goblet to make wine trend predictions for 2013.

Old is new, again:

Many of last year's trends will be back in 2013. Look for sweeter reds, semi-sweet white Moscato and mega blends on both the white and red side to continue to dominate.

Malbec is back: Argentina may have the monopoly on the grape, but look for its food friendly personality to invade the shelves of France and non-traditional countries like South Africa.

Aussie Regionality: Down Under will make a play for your palate by focusing attention on its unique regional profiles. Expect McLaren Vale, Yarra Valley, Margaret River and Barossa Valley to take the lead.

Embraceable Iberia: This will be the year for Spain and Portugal. Forget the impossible to pronounce place and grape names; they're all part of the fun.

Oh, Canada: With many provinces relaxing their interprovincial shipping rules, a bottle from a small, cottage winery may be just a mouse click away. Start with Nova Scotia. L'Acadie Vineyards' 2010 Vintage Cuvée (\$25.99) is a creamy mouthful of bubbly that, if you close your eyes, will have you thinking you're drinking champagne.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

Adding a smoke (salmon) screen to an Italian classic

An unexpected seafood addition.

Manicotti Stuffed with Smoked Salmon and Cheese in a Creamy Tomato Sauce.



ROSE REISMAN
for more, visit
rosereisman.com

This can be served as a main meal with a side salad or soup, or it can accompany a main dish.

The smoked salmon gives it a sophisticated flair that makes it a good company dish as well as a nutritious family dinner.

You can substitute jumbo pasta shells (8 ounces will yield about 24 shells) for the manicotti, or stuff approximately 12 cannelloni shells.

1. Preheat the oven to 400 F. Spray a 13- by 9-inch baking dish with cooking oil.

Ingredients

- 10 manicotti
- 1 1/4 cups smooth light ricotta cheese
- 1/2 cup shredded light cheddar cheese
- 1/4 cup grated Parmesan cheese
- 2 oz smoked salmon, chopped
- 1/4 cup finely chopped chives or green onion
- 3 tbsp 2% milk
- 1 egg
- pinch salt and freshly ground black pepper
- 1 1/2 cups tomato-based pasta sauce
- 1 tsp dried basil
- 1/2 cup 2% evaporated milk
- 2 tbsp grated mozzarella cheese
- 1/2 cup chopped fresh basil



This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

2. Cook the manicotti in boiling water according to package instructions, or until firm to the bite, approximately 10 minutes. Drain, cover and set aside.

3. Combine the ricotta, cheddar and Parmesan cheeses in a medium mixing bowl. Add the smoked salmon, chives, 3 tbsp milk, egg, salt and pepper. Mix until well combined.

Slit the manicotti along one side and open like a book. Divide the cheese mixture among the manicotti. Close the manicotti around the stuffing.

4. Combine the tomato sauce, basil and 1/2 cup milk in a small bowl and mix until smooth. Pour half the mixture in the bottom of the prepared baking dish. Place

the stuffed manicotti in the baking dish and pour the remaining sauce over the pasta. Sprinkle with the mozzarella cheese.

5. Cover and bake for 15 minutes, or until hot through. Garnish with the chopped fresh basil before serving.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Risotto gets brown rice makeover

1. In saucepan over med-high heat, combine rice and water. Bring to boil, cover, reduce heat to simmer and

cook 20 mins.

2. Remove pan from heat, leaving it covered. Rice will

Ingredients

- 1 cup short grain brown rice (or brown sushi rice)
- 2 cups water
- 1/2 tsp olive oil
- 3 oz prosciutto, chopped
- 1 tbsp minced fresh rosemary
- 1 yellow onion, finely diced
- 1 lb Brussels sprouts, quartered and 1 firm tart apple, peeled

and diced

- 1/2 cup white wine
- 1 1/2 cups low-sodium chicken broth, room temperature
- 1/2 tsp cornstarch mixed with 1 tbsp water
- 1/2 cup grated Parmesan cheese
- Salt and black pepper, to taste
- Purchased balsamic glaze, to serve

not be completely cooked and there will be some water in pan. Set aside.

3. In skillet over medium-high, heat oil. Add prosciutto and cook until crisp. Use spoon to transfer prosciutto to plate and set aside. Do not wipe out skillet. Return to stovetop over medium-high heat and add rosemary and onion. Sauté until starting to brown, 5 mins.

4. Add Brussels sprouts and apple. Cook 5 mins, then add wine and stir vigorously 2

mins to deglaze pan. Add rice and any liquid in pan. Add chicken broth and stir well. Bring to simmer and cook, stirring frequently to prevent sticking, until liquid has thickened and reduced, about 10 mins. Stir in cornstarch mix, then cook for another minute.

5. Stir in cheese until melted. Season with salt and pepper. Top with prosciutto, then drizzle with balsamic glaze just before serving.

THE ASSOCIATED PRESS

Have a few gaps in your schedule you're looking to fill?
Whether you're hoping to dance, drink or just relax, check out these hot upcoming events.



MIX OF SIX
Julian Uzielli
london@metronews.ca



Level Grounds

Local artist Kelly Wallace is opening a new exhibition at the Michael Gibson Gallery (157 Carling St.) tomorrow called Level Grounds. Wallace is known for his unique style of drawing — working with lead and paper, he creates otherworldly images using carefully considered vertical strokes. The exhibition kicks off with the opening reception tomorrow from 2 to 4 p.m. and Wallace will speak at 3 p.m. Pictured: Spira Mira Bella by Kelly Wallace, courtesy of Michael Gibson gallery.



Kim's Convenience

Following a successful run in Toronto, the Soulpepper theatre company is bringing its much-talked-about play Kim's Convenience to the Grand Theatre (471 Richmond St.) starting Tuesday. The comedy follows Korean convenience store owner Mr. Kim and his family as he prepares to retire. The production at the Grand is the same one that sold out shows in Toronto through 2012. The play runs until Feb. 2. Tickets start at \$37.29 and are available at grandtheatre.com. Image courtesy of Julie Bell.



Third Thursdays

Taking a page from the Art Gallery of Ontario's highly successful First Thursdays series, Museum London (421 Ridout St. N.) is launching its own slate of after-hours arts nights. Third Thursdays launches this Thursday at 7 p.m. with an evening that will feature pop-up bars and art workshops, headlined by a performance by St. Thomas blues band Saigon Pharmacy. The event will return, as the name implies, on the third Thursday of each month. Tickets are \$5 and available at museumlondon.ca. Image courtesy of Matthew Thomas.



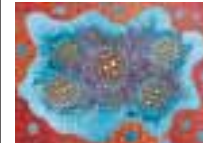
Disney on Ice

It's a treasured memory from the childhoods of many Disney lovers, and this month it's coming to London. Disney on Ice opens at Budweiser Gardens on Jan. 24 and runs with at least two shows daily until Jan. 27. Take the kids to see Mickey, Goofy and Donald—part of a cast of 65 Disney characters who will appear—perform their most beloved magical moments on ice. Tickets start at \$19.75 at budweiser-gardens.com. Don't delay, as seats will be in high demand. Image courtesy of Savannah Sewell.



Londonlicious:

Frugal foodies across the city will be hitting their favourite restaurants starting Thursday with the launch of the Londonlicious festival. Thirty-seven restaurants across London will be offering fixed-price menus ranging in price from \$15 to \$35 as part of the annual promotional event — this is a great chance for a date at that swanky restaurant whose high prices have kept you away. The festival runs until Feb. 3. For a list of participating restaurants, visit londonlicious.ca. Pictured: Blueberry lavender crème brûlée at Auberge du Petit Prince. Photo courtesy of Robbin Azzopardi.



Between the jungle and the sea of delirium...

The ARTS Project (203 Dundas St.) will have the reception for its first show of 2013 tonight. In the spotlight is Panamanian painter Oswaldo DeLeón Kantule, whose exhibition Between the Jungle and the Sea of Delirium will show his bright and colourful abstract work, inspired by the heritage and traditions of the Kuna people indigenous to Panama. The reception is from 6 to 9 p.m. Pictured: Turtles Swimming in Polymer Plastic by Kantule, courtesy of Richard Gilmore.

Mushroom, Spinach Frittata. Eat warm or cold



1. Heat oven to 180 C (350 F). Prepare a 2-l (8-cup) casserole dish (or 20 by 20 cm/8 by 8 inch) with vegetable oil spray.

2. In a large skillet over medium, heat oil; add shallots and sauté until soft, about 3 minutes. Add mushrooms and sauté another 3 minutes. Add spinach and sauté another 2 minutes; set aside to cool.

3. Meanwhile, in a large bowl, beat eggs; stir in cheese, if using, and salt and pepper. Add cooled vegetable mixture and stir until mixed. Pour mixture into casserole and bake for about 30 minutes or until top is lightly browned.

Let stand for 10 minutes before cutting. **THE CANADIAN PRESS/ROSIE SCHWARTZ FOR GOLDEN D EGGS**

Ingredients

- 15 ml (1 tbsp) extra-virgin olive oil
- 45 ml (3 tbsp) finely chopped shallots
- 500 ml (2 cups) sliced mushrooms
- 500 ml (2 cups) chopped fresh spinach
- 6 eggs
- 50 ml (1/4 cup) freshly grated Parmesan cheese (optional)
- 1 ml (1/4 tsp) salt
- 1 ml (1/4 tsp) freshly ground pepper

Best Health

Why celeb cleanses don't work



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the latest issue of Best Health magazine, on newsstands now, our regular columnist Dr. Susan Biali outlines why she does not recommend these often celebrity-endorsed weight-loss plans.

1. The "high" from a cleanse is misleading. While the idea of a cleanse may be appealing, restrictive regimens don't actually clean your body, and they could even starve you of nutrients. Having only a few foods — for example, maple syrup and cayenne pepper — for days at a time is essentially a starvation diet. When we are starved, once the hunger pangs pass we feel euphoric. That euphoria is like a natural anesthetic that protects us from the pain of a starving body. We need real nutrients to

survive and thrive.

2. Any weight loss is short-lived.

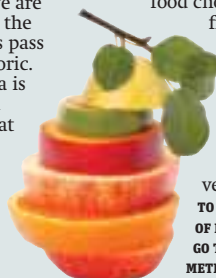
Cleansing to lose weight is essentially crash dieting. Of course you'll lose weight if you consume very few calories, but this type of dieting can potentially put your health at risk. And remember, rapid weight loss rebounds quickly, so you'll regain the weight as soon as you go back to normal eating.

3. Your body detoxes naturally.

No special smoothie will detoxify your body. Our kidneys and liver are constantly filtering bodily fluids, eliminating toxins and waste products. Fasting may damage these organs.

People spend a lot of money on packaged cleanses. You can do your own healthy detox, which is guaranteed to work without scary consequences, simply by making good food choices. Stay away from processed foods, sugar and even alcohol as much as possible. Eat lots of healthy proteins, good fats and fibre, fruit and vegetables.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONEWS.



Cumin-Dandelion Green Cornbread. Go green



1. Heat the oven to 375 F. Place a 9-by-9-inch metal baking pan or 9-inch cast-iron skillet in the oven to heat.

2. In another skillet over medium-high, heat the oil.

Ingredients

- 1 tbsp olive oil
- 4 cups chopped fresh dandelion greens (about 1/2 bunch)
- 1 tsp whole cumin seeds
- 1/2 tsp red pepper flakes
- Juice of 1 lemon
- 1 cup all-purpose flour
- 1 cup cornmeal
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/4 cup sugar
- 1 tsp salt
- 1 1/3 cups milk
- 4 tbsp (1/2 stick) butter, melted
- 2 large eggs
- 1 cup frozen or canned corn kernels

Add dandelion greens, cumin and red pepper flakes. Sauté until the stalks are tender and any extra liquid has evaporated, 10 minutes. Drizzle the greens with the lemon juice, toss well, then set aside.

3. In a large bowl, whisk together the flour, cornmeal, baking powder, baking soda, sugar and salt.

4. In another bowl, whisk together the milk, butter and eggs. Mix the wet ingredients into the dry, stirring only enough to moisten the dry ingredients.

5. Gently stir the dandelion greens and corn into the batter. Remove the heated pan from the oven and coat with cooking spray. Spoon the batter into the pan and bake for 30 to 35 minutes, or until golden. Cool in the pan.

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NHL

Leafs focused on 'moving forward' after Burke firing

There was a markedly different vibe at the Toronto Maple Leafs' practice facility Thursday.

Players were clearly still coming to terms after Brian Burke was relieved of general manager and team president duties and Dave Nonis was promoted to GM on Wednesday.

"I was definitely shocked," Maple Leafs captain Dion Phaneuf said. "That's the biggest word I could use to describe it."

Burke spent over four years at the helm of the Leafs but was unable to guide Toronto to the playoffs.

"It's a tough part of pro sport," Phaneuf said. "I have a lot of respect for (Burke) but now we move forward. Like I said, I've got a good relationship with (Nonis) and now as a group, we're ready to work for him and go in the direction that he wants us to."

THE CANADIAN PRESS

MLB

Expanded blood testing for HGH ahead in 2013

Major League Baseball will test for human growth hormone throughout the regular season and increase efforts to detect abnormal levels of testosterone, a decision the NFL used to pressure its players.

Baseball players were subject to blood testing for HGH during spring training last year, and Thursday's agreement between management and the Major League Baseball Players Association expands that throughout the season. Those are in addition to urine tests for other performance-enhancing drugs.

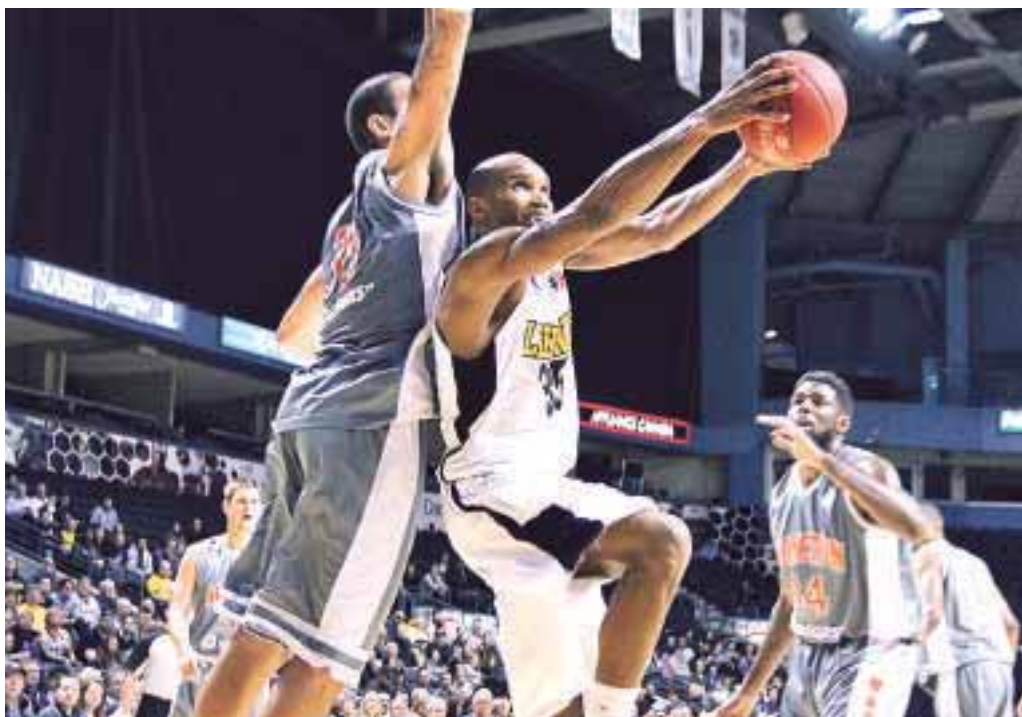
THE ASSOCIATED PRESS

MLB



"Hopefully someday somebody calls you and says, 'Hey, we want to give you a second chance.'"

Baseball's career hits leader Pete Rose, trying to provide a few lessons in patience after Barry Bonds, Roger Clemens and Sammy Sosa were kept out of the Hall of Fame on Wednesday, Rose agreed to a permanent ban from baseball in 1989 after the former Cincinnati Reds player and manager was accused of betting on baseball. He is also banned from inclusion on the Hall of Fame ballot, although four voters gave him write-in votes this week.



No divine intervention for Miracles at Gardens

London Lightning forward Jeremy Williams takes flight as he attempts a reverse lay-up during first-quarter National Basketball League of Canada action at Budweiser Gardens on Thursday. London, who has home games on Saturday and Sunday as well, rolled past the Moncton Miracles (11-14). The Lightning (20-12) won 115-93, extending their winning streak to four games. JOHN MATISZ/METRO

Knights keep nucleus intact with just 1 move

New arrival. New Knights defenceman 'had to pinch' himself after spending entire OHL career in Sudbury



JOHN MATISZ
john.matisz@metronews.ca

Justin Sefton saw it coming a mile away.

The veteran of 250 Ontario Hockey League games, all as a member of the Sudbury Wolves, had a sneaking suspicion he was being dangled as the team began cleaning house.

"Once they traded (Frank Corrado and Josh Leivo to Kitchener), I knew something was probably going to happen," Sefton, 19, said.

However, landing with the London Knights wasn't something that crossed his mind.

"This was the last place I thought (I'd end up)," said the stay-at-home defenceman. "This morning, I had to pinch myself to (make sure) it was actually happening."

The acquisition of Sefton — swapped for Kevin Raine, and a conditional fourth-round



Defenceman Justin Sefton, picked up from the Sudbury Wolves on Wednesday, is watched by his new teammates during his first practice with the Knights at Western Fair Sports Centre on Thursday. JOHN MATISZ/METRO

draft pick in 2015 — was the only move Knights general manager Mark Hunter made before Thursday's noon trade deadline.

Hunter has been consistent in expressing his strategy this season, stating the OHL powerhouse will not compromise its future by trading away key youngsters. This thought process has a lot to do with London eyeing 2014 Memorial Cup hosting duties.

"We're doing well right now," said coach Dale Hunter. "We added some pieces, and the team's here. Our nucleus is still together."

Now that the dust has settled on roster moves, the squad's focus turns to a three-in-three weekend.

Rarely used forward Jacob Jammes is the lone injured Knight at the moment. He's out for at least a week with a sore groin, says Dale Hunter.

As for Sefton, it appears he'll have no trouble fitting in. The six-foot-three, 230-pounder played with captain Scott Harrington on Team Ontario at the under-17 worlds a couple of winters ago. Like Sefton, centre Chris Tierney is a San Jose Sharks' draft pick.

Then there's Matt Rupert,

This weekend

- **Friday:** Budweiser Gardens, 7:30 p.m.
Versus: Ottawa 67's (12-28-0-3).
Season series: First meeting.
Hot hand: Sean Monahan (14 goals, 33 assists).
- **Saturday:** Dow Event Center, 7:11 p.m.
Versus: Saginaw Spirit (18-19-3-2).
Season series: London leads 1-0.
Hot hand: Eric Locke (24 goals, 26 assists).
- **Sunday:** Essar Centre, 7:07 p.m.
Versus: Sault Ste. Marie Greyhounds (21-18-2-1).
Season series: London leads 1-0.
Hot hand: Nick Cousins (17 goals, 44 assists).

who is also familiar with the Thunder Bay native — but in a slightly different way.

"I remember this year, when we played in London, me and him got in a scrum in front of the net," said Rupert, known league-wide as a serious pest. "So, I definitely know him."

NFL

Study says Seau had brain disease

When he ended his life last year by shooting himself in the chest, Junior Seau had a degenerative brain disease often linked with repeated blows to the head.

Researchers from the National Institutes of Health said Thursday the former NFL star's abnormalities are consistent with chronic

traumatic encephalopathy, or CTE.

The hard-hitting linebacker played for 20 NFL seasons with San Diego, Miami and New England before retiring in 2009. He died at age 43 of a self-inflicted gunshot in May, and his family requested the analysis of his brain.

"It was important to us to get to the bottom of this, the truth," his ex-wife Gina Seau said. "And now that it has been conclusively determined from every expert that he

had obviously had CTE, we just hope it is taken more seriously."

In the final years of his life, Seau had wild behavioural swings, according to Gina and to 23-year-old son Tyler, along with signs of irrationality, forgetfulness, insomnia and depression.

The NFL faces lawsuits by thousands of former players who say the league withheld information on the harmful effects of concussions.

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Quarterback Aaron Rodgers of the Green Bay Packers throws the ball against the Minnesota Vikings on Jan. 5 in Green Bay, Wis. Rodgers is returning to Northern California, where he became a college star. ANDY LYONS/GETTY IMAGES

Rodgers facing his childhood team

NFL. Packers QB finally gets to play a meaningful game at stadium where he used to root for 49ers

The anxiety-filled green room and draft day seem so long ago now to Aaron Rodgers.

Still, this weekend, any lingering feelings of frustration about how far he dropped will be directed at the team that passed him up with the No. 1 pick nearly eight years ago.

Rodgers brings the high-scoring Green Bay Packers (12-5) to Candlestick Park on Saturday to face No. 2 seed San Francisco (11-4-1) in prime time for a place in the NFC championship game. He'll take the field in the very venue where he became a regular fan as a boy rooting for Hall of Famers Jerry Rice and Steve Young.

Rodgers, who appeared in a pre-season game at Candlestick in 2008, will play his first meaningful game at the stadium at last, as an eighth-year pro. He will look to avenge a 30-22 season-opening home loss to

the 49ers.

"It will be fun. I went to a few baseball games there growing up, and saw a game there when I was in college," Rodgers said. "Stadium's got a lot of tradition. Looks like we're kind of fortunate with the weather right now. Still wonder what that's going to be like."

Rodgers returns to Northern California, where he became a college star for California across San Francisco Bay in Berkeley, with a healthy cast of receivers and the swagger of a Super Bowl champion.

When Rodgers dropped to No. 24 in the 2005 draft after Alex Smith went No. 1, he was asked about his disappointment. He matter-of-factly said, "Not as disappointed as the 49ers will be that they didn't draft me."

Now, everybody in the Bay Area and beyond will be watching his every move again.

Even San Francisco's opportunistic, ball-hawking defence realizes just how hard it will be to rattle Rodgers or get him off his game. He hasn't thrown an interception in five straight games and 177 passes. His receiving corps is intact again at last, each of the big four of Greg

QB carousel

The QB the 49ers picked ahead of Rodgers — Alex Smith — spent the season's second half on the bench as coach Jim Harbaugh promoted second-year pro Colin Kaepernick.

- Kaepernick makes his playoff debut Saturday.
- In an odd twist, Kaepernick was born in Milwaukee and adopted before moving to California at age four. Yes, he began as a toddler Cheesehead, then changed allegiances "when I got drafted," Kaepernick said.

Jennings, Randall Cobb, Jordy Nelson and James Jones capable of game-breaking catches.

Beating some of the NFL's top quarterbacks hasn't proven too much for San Francisco so far. Aside from the win against Rodgers in the opener, the Niners beat Drew Brees in New Orleans and shocked Tom Brady in New England.

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Horoscopes

Aries

March 21 - April 20

Today's new moon urges you to make the most of an opportunity of some kind. Being the ambitious sort you want to move up in the world, so let the powers that be know what you can do — by doing it.

Taurus

April 21 - May 21

At some stage today, you will realize that life is both more complicated and more simple than you have up until now imagined. What matters though is that you are thinking for yourself. So few people ever do.

Gemini

May 22 - June 21

The new moon will give you a pointer as to what you should be doing and who you should be doing it with. It also suggests that you could make some serious money, but only as part of a team.

Cancer

June 22 - July 23

You can now see with the utmost clarity what needs to be done to restore a relationship to its former glory. Don't let what went before get in the way of what needs to be done right now.

Leo

July 24 - Aug. 23

You run the risk of getting bogged down by details that could and should be left until another day, if not ignored altogether. Focus on essentials only, such as getting ahead in your career and making a fortune.

Virgo

Aug. 24 - Sept. 23

There is nothing you cannot do if you put your mind to it. Today's new moon in Capricorn will give you the confidence you need to embark on a new adventure, something you have wanted to do for years.

Libra

Sept. 24 - Oct. 23

Use whatever information comes your way today to your advantage. Most likely you will learn something about a social rival or work associate that they don't want you to know. At last you've got some leverage!

Scorpio

Oct. 24 - Nov. 22

The more you talk things through with partners and colleagues today, the more they and you will understand that your interests are one and the same. Communication is the key to success — and lasting friendship.

Sagittarius

Nov. 23 - Dec. 21

Follow your instincts today, especially where money matters and business deals are concerned. No matter what the facts and figures may say if you sense that something is not quite right you must hold back.

Capricorn

Dec. 22 - Jan. 20

What would you do if you knew you could not fail? So why are you not doing it now? A new moon in your sign makes this the ideal day to follow your dream, no matter how outrageous it may be.

Aquarius

Jan. 21 - Feb. 19

What you need to convince yourself of today is that your fear is based on an illusion caused by your determination to always seem to be in control. Let fate guide you over the next 24 hours. You'll enjoy the results.

Pisces

Feb. 20 - March 20

Today's new moon suggests you are about to make new friends, and what these new friends have to tell you will get you thinking in interesting ways. You don't know it all — at least not yet. **SALLY BROMPTON**

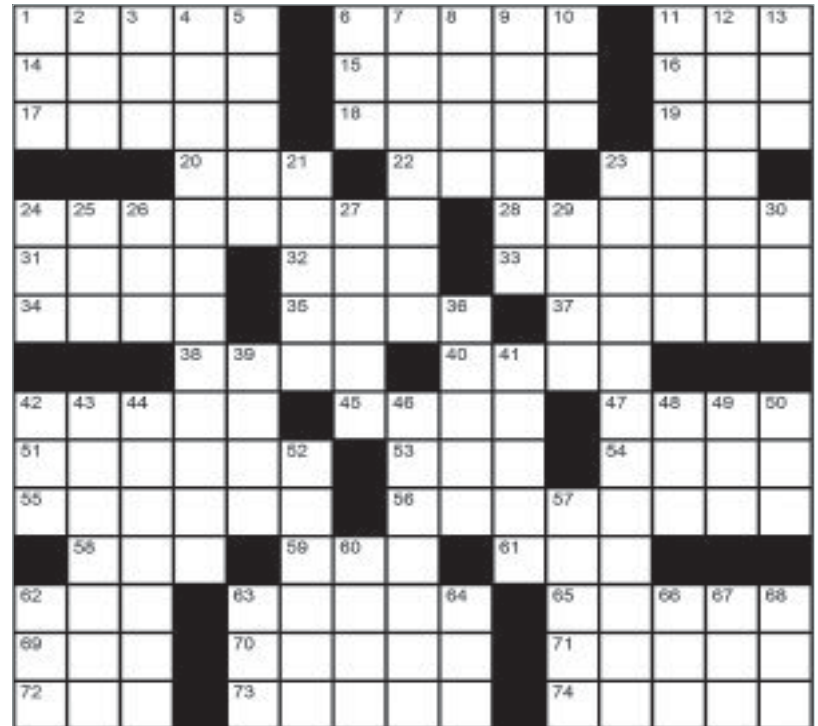
Crossword: Canada Across and Down

Across

- "Gangster ____" (2013), new movie starring #46-Down
- Prince William's sister-in-law
- Mr. DiCaprio, to pals
- "FairyTale: ____ Story" (1997)
- "____ business!"
- ____ Darya (Asian river)
- Canadian rock group
- Wheat type
- Where, in Latin
- Pull
- Intro-to-nickname letters
- Monk's title
- To Ontario's left on a map, The ____
- Doves
- Country's Brooks & ____
- "____ Doubtfire" (1993)
- "Aha!"
- On
- Thompson Twins tune
- Gumption
- Ear-related
- Opposing
- Madeleine of ABC's "Revenge"
- Prefix to 'culture'
- Film set job
- Lay things ____ : 2 wds.
- Acorned tree
- Comfy spot
- Ancient military city
- The ____ Channel
- Elevs.
- Singer Mr. Bachman
- Pres. Ford's Vice-Pres.
- Universal ideal
- Mr. B. DeMille
- Burlesque Queen, Dita Von ____
- Bering, e.g.
- Air conditioners company
- Debated topic
- "Gangnam Style" guy
- Hippie's salute
- Piano legend Mr. Peterson

Down

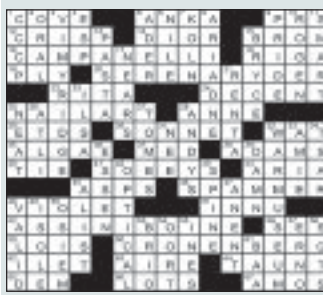
- Tree treat
- CFL game period, for short
- Spoonbender Mr. Geller
- Mike Myers character: 2 wds.
- Take*exception to



- TV's Magnum, et al.
- Deadlock
- Glance
- Buckingham ____
- Picnic invader
- Prime Minister Harper's wife
- Begins a cruise
- Montreal affirmative
- John Rhys-Davies' part in 'Lord of the Rings' flicks
- Association the Golden Globe Awards, The Hollywood ____ : 2 wds.
- Celeb couple's caught-by-paps moment
- Groove
- Year: Spanish
- Susan's role from "All My Children"
- Dethrone
- Freelancer's encl. to an editor
- Ms. McLachlan
- Check
- Camera company
- Roads, for short
- Magicians' costumes parts: 2 wds.
- Speech-giver's skill
- Canadian actor Ryan

- Louis XIV, par exemple
- Lithium-____ battery
- Canada Post delivery, e.g.
- McCain tidbits, Tasti ____
- "____ Lanterns" by Kim Mitchell
- Health food berry
- Cup o' Earl Grey stirrer
- CBC rival
- "Dancing with the Stars" judge Mr. Goodman
- Computer keyboard key
- "Dalla ____ Pace": Aria in Mozart opera Don Giovanni
- Suffix with 'Musket'

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

1	6	7	8	3	2	5	9	4
5	3	4	9	6	7	2	1	8
8	9	2	4	1	5	7	3	6
6	7	9	2	4	1	5	8	3
3	1	5	7	8	6	9	4	2
4	2	8	3	5	9	6	7	1
7	4	3	6	9	8	1	2	5
9	5	6	1	2	3	4	8	7
2	8	1	5	7	4	3	6	9

	6			7				
9			6	8		3	2	
8		5					1	
	7	4		1				
				9	4			
				6		4	3	
	8					5		4
	2	6		3	9			7
			1				6	

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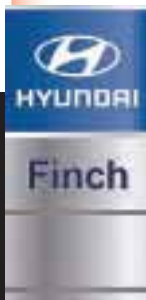
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